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REFLECTIONS

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OBSERVATIONS

ON THE

G O U T.

By Sir JAMES JAY, Knt. M.D.

Nihil in Medicina vel Naturalium Rerum cognitione admittendum pro Vero, nisi quod Verum esse ostenderit, aut confirmarit per Sensus Externos Experientia. SYLVIVS.

L O N D O N :

Printed for G. KEARSLEY, at No. 1, Ludgate-street;
H. PARKER, at No. 22, in Cornhill, and J. RIDLEY,
in St. James's Street.

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[Price Two Shillings.]

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P R E F A C E.

AS there is no greater obstacle to the improvement of Science, than Prejudice, so no other defect of the understanding is more difficult to be corrected. Too much pains, therefore, cannot be taken to rescue the mind from the stubborn fetters of prepossession, and to open it to Free Enquiry; especially when a matter of real importance is to be considered, which requires the unbiassed exercise of Reason.

This is more especially the case in the Science of Physic, where Health and Sickness, Life and Death, are ultimately the objects of reasoning; and wherein Prejudice and Precipitancy of judgment, may occasion a fatal, as well as an erroneous, determination. For these reasons, it is to be hoped, that the following Reflections and Observations on the Gout, will not be altogether useless; since they tend to induce a greater freedom of thinking on that disorder; and to enable a person of common sense to form a tolerable judgment of every production on the treatment of it, — from the refined speculations of Physicians, to the pompous pretensions of Impositors.

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REFLECTIONS, &c.

ON THE G O U T.

ALTHOUGH reasoning on well established facts, draws forth truth from obscurity, and arrives, by easy deductions, to important discoveries in science: yet, when it is built on fallacious principles, it as certainly betrays us into error and confusion. In so abstruse a science as medicine, where the minute structure of the human frame, the actions and functions of its several parts, the causes and nature of diseases, the properties and effects of medicines, and many external circumstances affecting the body, are the grounds to reason upon, and are themselves but imperfectly understood, the greatest care is requisite in the

the application of that faculty. It has however most unfortunately happened in physic, that from the very infancy of the science, its professors have been too inattentive in that respect. Instead of proceeding on fact, accurate observation, and plain reasoning, by analogy; and establishing solid doctrines on those sure foundations; they inconsiderately assumed dubious and even imaginary principles, and erected systems of theory and practice upon them. Groundless as those systems were, the very fabric of a vision, they were adhered to, for a time, with a rigid scrupulousness. Systems, like fashions, succeeded each other; and what is more to be regretted, the new one owed its birth to the same cause, and approached no nearer truth, than the one which had gone before it. Of these systems it may indeed be said,

*res, usus, itaque aliquid adposset novi, et
Aliquid moneat, ut illas, quas scire credes, nescias,
Et quæ tibi putaris prima, in experientia repudies.*

Terent.

With the many successive instances before them, of the fruitless attempts of their predecessors to explain the nature of diseases, and the properties of medicines, on precarious principles, it might be thought that

that physicians would, in time, need no further caution to guard them against the like errors; nor any incitements to study nature, to be accurate in observation, cautious and modest in their conclusions.

But notwithstanding those monuments of the frailty of such speculations, that tedious road to improvement which is founded on experiment, accurate observation, and unwearied reflection, continued to be neglected, by the generality of Physicians, who endeavoured to explain things in the same fallacious way, some of which are, at any rate, above our limited capacities; while others are only to be investigated by experiment and observation. And even at this day, the world is furnished with disquisitions that shew more imagination than judgment, that are more ingenious than useful. Yet with these interludes of fancy, there still remains a fashion in physic, which, like the infallible church, however it may relax in some points, and admit the ridiculous rites of idolatry, still keeps the mind in fetters on many exceptionable articles of its faith.

This proneness to form systems, often hurried even those who went on experiment and observation, to lay down general

ral rules from only a few facts, instead of patiently extending their enquiries, and their views, to the whole compass of the subject. General doctrines, erected on such narrow foundations, although they are partially true, are still defective, and sometimes destructive, especially when they owe their existence to men of distinguished * character, the splendor of whose fame precludes private judgment, and induces servile imitation in their obsequious followers. Thus, as a learned author † justly observes on another occasion, —“ Slavish, or licentious thinking, the two extremes of free enquiry, shuts men up from, or makes them fly out beyond, all reasonable views and limits.”

That such, in general, hath been the fate of Physic, is a fact so well authenticated, that it would savour of a vain display of learning to go about to prove it. Nor will it be denied but by those who are either ignorant of the history of the science,

* Quin etiam obest plerumque iis, qui discere volunt, auctoritas eorum, qui se docere profitentur. Desinunt enim suum judicium adhibere; id habent ratum, quod ab eo, quem probant, judicatum vident. —Tantum opinio præjudicata poterat, ut etiam sine ratione valeret auctoritas

Cicero de Nat. Deor. l. 1. sect. 2.

† Warburton's Divine Legation, b. 1. sect. 2.

or would conceal the errors of its professors at the expence of truth.

But besides the mischief which the itch of forming systems hath done the science, the prejudice and obstinacy with which Physicians were attached to mere hypothetical opinions, and erroneous methods of practice, for the time they continued in fashion, have contributed not a little to retard the improvement of it. Under the dominion of prejudice, the powers of the mind are restrained; and the judgment is warped. Hence the circulation of the blood was contested, with great warmth, for years; not by ignorant men, but by the most learned of the profession; although it is one of those few things in Physic, which can be, and was then, demonstrated, by its great discoverer, by plain and decisive experiments. If prejudice can so powerfully mislead Physicians in plain matters of fact, which are obvious to the senses, how much more must it pervert their judgment in cases wherein cool and unbiaſſed reason is required to discern and comprehend truth? The hot method, as it is called, of treating the Small-pox, was built on suppositions, not proofs, of the nature of the distemper; and was persevered in with enthusiastic obstinacy and blindness.

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The calls of nature, and the hints from accidents, for a different treatment, were unperceived or disregarded by Physicians, blinded or infatuated, as they were, with prejudice to the established notions. Yet that fatal practice long prevailed through most parts of Europe, and was followed by the greatest physicians.—A melancholy proof of the power of prejudice in obscuring the judgment!

Since the injudicious methods afore-mentioned, of proceeding in the science, have been productive of such fatal errors in plain, obvious cases, is it not probable that they may have occasioned some mistakes in respect to the Gout, a disorder, which, it is confessed on all hands, is but imperfectly understood? Let this suggestion, however, and what has moreover been said of the tendency of those methods to mislead, influence us no farther than to suspend our judgment on any matter respecting the Gout, and to keep ourselves unbiassed by preconceived opinions, while we examine whence it hath happened that we have so many different opinions of the cause and nature of the disorder; such various and contradictory methods of cure: why so many medicines and methods, which had each done some service, fell into disrepute; and

and why, after so much hath been written, and so much attempted on the gout, by physicians and empirics, the common practice is so unsuccessful.

On the very commencement of this enquiry, it appears, that the delusive methods which betrayed physicians into errors on other things, have operated most powerfully in regard to the gout, from the earliest accounts we have of that disorder. That, as in other cases, the neglect of experience, observation, and sound reasoning on plain facts, the weakness of proceeding on speculative and precarious principles, or of rashly forming general systems on a narrow foundation, (that is, on principles which are just in some cases, but erroneous when applied to others,) are the great causes, from whence all the confusion and error, the present imperfect knowledge of the Gout, and the insufficiency of medicine to relieve it, have sprung. Nor is there occasion to enter into a formal discussion, to shew that those causes gave birth to the extravagant and contradictory systems, in which the Gout is supposed to arise from a defluxion of either Bile, Phlegm or Blood, or of a mixture of them: a hot or cold humor; a malignant humor; a relaxation of the parts; viscosity of the blood; earthy matter;

ter; tartar; crude serum; perspirable matter; inflammation; wind; sharp tartareous serum; an acid, bilious, alkaline or austere salt; a liquid phosphorus; a subtle poisonous gas; cold vapour or damp; lymph charged with saline and sulphureous particles, &c. &c. The very diversity of these systems, is a proof, that such fallacious sources * only could produce them. How far any, or all of them, may hold good, in particular cases, is out of the question at present. The multiplicity and contrariety of them, demonstrate the weakness of admitting the cause assigned in either of them, to obtain in general, and of establishing a system of practice upon it. Unbiaſſed as the reader is supposed to be, to any theory or practice, let me ask him, What success, he thinks, a physician would have in treating the Gout, who made either of these systems the invariable rule of his practice? Whether the method of investigation, which gave birth to the fallacious system, was likely to produce any improvement?

Some writers, indeed, have adopted fewer or more of these causes, and even taken in all probable causes of the Gout. Yet, when

* Illa, quæ aliis sic, aliis secus, nec iisdem semper uno modo videntur, sic esse dicimus. Cicero de Legib. L. 1. C. 17.

the most comprehensive system of causes, which they have thus erected, and even the system of cure founded upon them, are examined, they both manifestly appear to be formed, either from more enlarged conceptions, or, perhaps, more luxuriant imaginations, of what may, or may not, act as a cause in the Gout, or contribute to the cure of it, than to be deduced from real observation. For after all the learning bestowed in clearing up those points, we are left to judge of them, from their coincidence with reason or probability, instead of being convinced of the reality of the cause, or the propriety of the method of cure, by apposite instances of persons who were cured, or relieved, by modes of treatment adapted to the respective causes; without which solid confirmation, every system is futile and vain. The truth of this is so very obvious, in general, that if the reader will look into almost any treatise of the Gout, he will be convinced of it.

• Quicquid enim artificiose factum est, a ratione profectum est; quicquid autem artificiose dictum est, non autem factum, viam et rationem artis expertem arguit. Opinabile siquidem sine actione, inscientiæ et nullius artis indicium est. Hipp. de Decent. Habit.

In omnibus siquidem artibus, iis quæ recte sunt excogitata, accedit etiam ex eventu testimonium. Galen. in Aphorism. Hipp. Lib. 2. §. 17.

The incongruous methods that have been mentioned, of attempting to explain and relieve the Gout, frustrated the end for which they were intended. After the application of chemistry to medicine, physicians still pursued the same delusive steps; but the new principles, which that science introduced of the cause and nature of the distemper, and the new medicines it furnished for the relief of it, seem to have occasioned some alteration in the sentiments of mankind, in respect to the possibility of curing it: at the same time that they contributed, not a little, to render the subject, which was already very obscure, still more unintelligible.

The more innocent antidotes, which the ancients, and the copiers of the ancients, applied, on their principles, producing little good, gave rise to the general notion that the Gout was incurable. The great mischief, with the few great cures, which were done with Herculean remedies, by chemists, and pretenders to chemistry, or to specifics and universal medicines, established a diversity of opinions on that head. The generality of mankind believed that every attempt to cure the Gout was fruitless or dangerous; while some lucky instances of
great

great relief led other men to think that the disorder might be cured. These opinions have been, and are still much debated. Nor is the contest likely to be adjusted; not solely from the want of the solid data of facts to proceed upon, but because both parties aim at a general conclusion, on a matter which requires many distinctions, and cannot therefore admit of a simple definitive solution.

While the attempts to investigate and cure the Gout, were conducted on such fallacious and hazardous principles, it is not surprising that system after system should be found defective and false: that medicines and men, which had performed some cures, should fail in others: that what was, at first, thought useful, should be afterwards declared dangerous: that after all the pains and labour bestowed on the subject, the practice should be inadequate, and the Gout still remain the *Opprobrium Medicorum*.

The ineffectual attempts that have thus been made, for more than two thousand years, clearly demonstrate, that the only way to arrive at real knowledge in the nature and cure of the Gout, is, patiently to collect accurate descriptions of cases, under all the varieties of circumstances produced by different causes, and relieved, cured or

injured, by different means. On such certain data, together with observations from dissections, we may safely reason, and draw useful inferences on obscure points, from their similarity to those which are well known. A collection of such accurate and rational observations, might lead to the knowledge of the many remote and concurring causes of arthritic diseases. It would furnish an exact history of the appearances or symptoms of these diseases, under all their complications of circumstances, which might enable future physicians to discover gouty cases in their imperfect state, in which, at present, they are, generally, mistaken; as is manifest in many instances, particularly in nervous complaints from a gouty cause; where the Gout is seldom suspected, and seldomer known, till it fixes on the extremities. Hence, also, they would learn the effects of medicines in most cases; and be able to apply them with greater certainty in any one. This method of proceeding, might, in time, unfold the reason of the symptoms, and of the effects of medicines, and, perhaps, finally ascertain the nature of these diseases. Since, therefore, the attempts of our predecessors, in the methods afore-mentioned, have fallen short of the end, let us, for the future, proceed in the sure road of experience and analogy;
let

let us rest satisfied with knowing what effects particular modes of treatment produce under certain circumstances; and let us reason on those effects from case to case. Let us not attempt to explain whence they arise, until we have sufficient data, from accumulated facts, to go upon; lest we err, and thereby mislead others. What the confined state of our knowledge on the Gout, at present, will not allow us to see into, our observations may help to unfold to our successors. *Nibil est autem, quod non longinquitas temporum, excipiente memoria, prodendisque monumentis, efficere, atque assequi possit* *.

In what has been said against reasoning, and in favour of experience, I wish not to be misunderstood. It is the abuse, not the true application, of the former, that is reprehensible. The preceding reflections allude only to the impatience of Physicians, which will not allow them to confine their reasoning to well known facts; and to wait patiently till further enquiries give further light into things, but which incites them to assume precarious principles, or to push true ones further than they ought to do. Mere experience, abstracted from reason-

* Cicero de Divinat. lib. 1. c. 6.

ing, as it is commonly understood, of giving to one man a medicine that was useful to another, is, of itself, of little use in the practice of Physic; a mere cloak to ignorance and imposture, and often productive of exceeding great mischief. The person who has no other foundation to go upon, is liable to commit the most fatal errors on many accounts. He is apt to mistake one disorder for another. He cannot discover the various circumstances in point of constitution, variation in the disease, &c. which forbid a medicine to one, that was, under seeming similar circumstances, useful to another, but treats every patient alike; or if he ventures to deviate, he must, from his ignorance of the animal œconomy, do it at a hazard; and is, therefore, as likely to do harm as good. In complicated diseases, (and most chronic ones are more or less so) he will ascribe to one disorder, what is due to another of a very different nature. Nor can he distinguish the transition of one disease into another; nor a salutary, but seemingly morbid change in the constitution, from a real disorder. In short, the only experience that is really useful, is that which is derived from a *rational*, and not a mere *empirical* practice. And such rational experience can only be acquired by those, who, being well acquainted with the structure

structure of the human frame, have a thorough knowledge of the symptoms and complications of diseases, and of the effects of medicines, in different constitutions; and understand the many occasional circumstances which require and direct a particular mode of proceeding in particular cases. It is evident, therefore, that reasoning on sound, well established principles, should be united with experience, as it leads to the causes of things; and by that means renders practice more certain and safe; and likewise is capable, by easy deductions, to extend a discovery that is useful in one disease, or in one case, to many others*.

Having thus sketched out the causes which misled Physicians, in regard to the Gout, and suggested what appeared the most proper method of investigating the nature and cure of that disorder; I proceed to consider, in the same general way, how far relief may be *reasonably* expected from medicine.

* Ratiocinationem igitur plurimum laudo, siquidem ex fortuita occasione initium ducat, & ipsam delationem ex apparentibus via quadam persequatur. Ex his enim quæ manifesto perficiuntur, si ratiocinatio initium duxerit, in mentis potestate, quæ ab aliis singula recepit, esse deprehendetur.

Hipp. de Decent. Habit.

In attempting this, I find myself under no small difficulty. However the cures which have been performed on the one hand; the failure of success, and the mischief done on the other, may have precipitately drawn unthinking people into different opinions, in respect to the possibility of curing the Gout, there is one great obstacle to a rational determination on the subject, from facts; which is the difficulty of coming at truth. Those who maintain that it may be cured, are generally interested in the dispute: and being, too often, men of illiberal * principles, interest makes them exaggerate real cures, and exhibit fictitious ones. These artifices of pretenders to physic have long existed, and were not badly described by Heraclitus †, two thousand years ago. On the other hand, the vanity and pride of little minds §, prejudice and attachment

* Non enim sunt ii aut scientiâ, aut arte divinei,
Sed superstitiosi vates, impudentesq; hariolci,
Aut inertes, aut insanei, aut quibus egestas imperat:
Qui sui questus causa, fictas suscitant sententias,
Qui sibi semitam non sapiunt, alteri monstrant viam.

Rennius.

† Ibi vero cognovi, quod alios etiam non ipsi, sed fortuna curasset. Impii illi, Amphidamas, qui artes, quas non habent, mentiuntur, & curant illos, quos non norunt, & homines sub nomine artis interimunt, & naturam & artem injuria afficientes.

Barchusen de Medicin. Orig. & Progress. Diff. xii.

§ Itaque odio sane dignissima est scelestorum sophistarum cum versutia, qui cum mentiri se sciant, astu tamen contraria

to fashionable opinions, are apt to betray men into injurious representations of successful attempts. This being the case on both sides of the question, men judge of the probability and improbability, the safety and danger, of curing the Gout, more from reasoning about the nature of the disorder, than from facts: and as all reasoning on the subject, that is not founded on facts, must be defective; difference in sentiment must still subsist.

In this dilemma, between the precariousness of reasoning on the nature of a disorder that is not understood; and a deficiency of indubitable facts to judge from, it appears most eligible, to take up the most self-evident propositions, and by easy deductions from them, to come to conclusions. Such propositions, in the present case, where an infinite variety of circumstances obtain, can be only general ones: and although they will not admit of precision, they will lead to general truths, which will be sufficient for the purpose. This method I am further induced to take, on account of the simplicity of it; and of

*ria præ novarum rerum studio adstruant, tum sapientiæ
vanæ aucupium, qui rerum utilissimarum ignari, contraria
tamen verbis asseverant.*

Galen de Curand. ration. per Sang. Miss. c. 2.

its being within the reach of every capacity. I hope therefore the more scientific readers will overlook the exceptions, distinctions, and other particulars that are omitted ; which certainly should be taken into consideration in a complete discussion of the matter : a subject too copious for the present work !

1. In a genuine Gout, it is evident, there is a disposition in the constitution, let it arise whence it will, to produce and accumulate gouty matter. For if there was not such a disposition in the body, a person, after he had got rid of one fit, would not fall into another. While this disposition is but inconsiderable, the fits are short, and come on after long intervals ; but as it increases, the fits are longer, and come on quicker.

2. Whatever other cause this disposition may arise from, or be complicated with, it is clear, that so far as it depends on the original formation of the solids in the narrowness of the apertures of the secretory and excretory vessels, and as those are farther diminished by age, (not disease) the prospect of relief is to be estimated. If, for example, in a patient advanced in years, having the Gout to a great degree, it should
appear,

appear, that from his youth, or many years past, his perspiration or discharge by urine has been depraved or defective, and that the depravity or defect has increased with years, the hopes of a radical cure are absurd. For it is unreasonable to suppose, that a disposition in the constitution, or the Gout if you please, which arises from the apertures of the vessels being naturally too small, is to be radically cured in youth, much less in age. The effects of that formation being to produce or accumulate a morbid matter which occasions the Gout, let us suppose that every particle of this morbid or gouty matter is, by any method or means, perfectly eradicated, and the patient restored to a complete state of health, will common-sense allow us to think that he will not have another fit, while the disposition in his constitution, depending, as aforesaid, on the state of the solids, remains unaltered? And will common-sense allow us to think, that after a certain age, such a disposition in the constitution, from an original defect in the solids, and that too further confirmed and increased by time, can be greatly altered? We may as well pretend, in contradiction to the invariable decrees of providence, to undo the natural effects of time, repair the gradual and inevitable decays of nature, and transform

the decrepitude of age, into the activity of youth.

3. In the most favorable circumstance of the case just mentioned, (No. 2.) no man, let the utmost care in diet, and way of life, be observed, can promise that the patient shall have no return of the disorder. But in confirmed cases, where the patient is advanced in years, and the disposition to produce or accumulate gouty matter, is strong and great, all that can reasonably be expected, is, that the violence, duration, and frequent returns of the fit, after the body is once cleared of the gouty matter, may be lessened by a due use of the non-naturals, and the having recourse, now and then, to medicines which prevent the reproduction or accumulation of it.

4. But in other cases, where the Gout arises from a similar fault in the Solids, produced by a morbid cause, and not owing to an original defect in their formation; it is reasonable to think, that if we can free the body of the gouty or morbid matter in it, and restore the Solids to their sound natural state, a complete radical cure may be effected. Thus, where the disorder arises from depraved perspiration or secretion of urine, caused by any adventitious defect in the

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the organs, by which the peccant humor constituting the Gout is retained; if the matter already collected can be evacuated, the organs be restored to a natural state, and the patient will, by his manner of living, guard against the causes which occasioned the fault in the organs, the return of the Gout may be prevented. The reasoning in this case, is, upon the whole, applicable to every kind of Gout, whatever cause, except the original defective formation of the Solids, it may be supposed to arise from.

5. From this general view of the matter, it is clear, that, in some cases, a radical cure is not to be expected. This shews us on what grounds an universal infallible specific in the Gout stands; what credit is to be given to those who boast being possessed of such. On the other hand, as a fault in the original formation of the Solids, appears to be the only fixt, insuperable cause of the disorder, it seems not unreasonable to think, that Gouts from all other causes, may be greatly palliated, if not intirely cured, by the judicious application of medicine, and a suitable way of life.

6. Besides judging how far the Gout may be palliated, or radically cured, the practicability of relieving or curing the infirmities it

it occasions in the limbs, is to be considered. Although that is not to be estimated on such clear principles as the former, both reason and experience explain enough of it, to guard a person from being imposed upon by the ignorant or designing possessors of infallible specifics for them. Those infirmities are of various kinds: hard diffused tumefactions around the joints; œdematous or emphysematous swellings; nodes of various degrees of consistence or induration; stiffness and contractions of the joints, with or without swelling; tumefaction or atrophy of the limb; weakness or total privation of strength, sometimes alone, sometimes with various affections of the joints. These several infirmities, are, in some cases, the consequence of violent pains, great heat and inflammation; in others, of dull, languid pains, with coldness of the extremities, paleness, &c. They are recent, or of long standing. The part affected, is external, or deep seated. Under this variety of circumstances, in different constitutions too, is it reasonable to think that any one internal or external medicine, any one mode of treatment, can be proper, successful, or even safe, in all cases, and restore all persons to the complete use of their limbs?

As the limbs are the instruments of motion, and the organs of feeling, it is necessary to preserve them in a state of health, and to restore them to their original state, when they are affected with any of the above mentioned infirmities.

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Aiming only at general truths, I shall not enter into a regular inquiry, whether arthritic diseases arise from different causes, and that, independently of other considerations, they require different methods of cure, according to the particular cause whence they arose. As much may be reasonably inferred from the diversity of opinions of the cause of the Gout, as well as from the manifest difference in these diseases themselves in different people. Altho' it should be even admitted, that different remote causes may finally produce a morbid matter essentially the same in all cases, yet it can admit of no doubt, that according to the different concurring, or immediate causes, different methods of cure are to be pursued: nor is it less certain, that the variety of constitutions, of age, and of sex, must require alterations in the mode of treatment, suitable to each. Besides these reasons for a variation in practice, the combination or concurrence of the arthritic matter with other diseases, must again require a difference in the manner of proceeding, according to the disorder it is complicated with, the degrees of that complication, the age, sex, &c. of the patient, in whom such a combination or concurrence of diseases happen. Should it be even granted, that the
arthritic

arthritic matter is the same in all cases, (which is not to be admitted,) and that a specific is discovered to eradicate it; it is evident, that such specific cannot, with propriety, be administered alike to all; to the young, the old; the strong, the weak; in simple and complicated Gouts, but must be adapted to the circumstances in each patient. This notion, however, of an universal specific for every species of Gout, I have supposed, merely to give the argument fair-play: for, the very idea of a specific in arthritic diseases, which arise from different causes, and comprehend such a combination of complexities, appears inconsistent with reason, as well as it is unsupported in practice, by any one of the many nostrums which have been recommended to the world under that pompous appellation. There is, certainly, in the treatment of the Gout, as well as of many other diseases, a greater fitness in some medicines than in others of the same class: and it is in the selection and application of them to particular cases, that the great art of relieving or curing the Gout consists.

These reflections, with what hath been already hinted on the subject, further evince, that no partial system of the Gout can be true or useful: that no one general method

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of treating it, can be proper, successful, or even safe; that no one remedy can be discovered for all cases; that both a partial system, and an universal remedy, must be hurtful to many, and even more pernicious than useful: that no great improvement in curing the Gout, can be made at once, as if by inspiration or intuition; that it must be a work of time, and of close observation in practice. That whoever, therefore, pretends to have made a complete discovery of the causes and nature of arthritic diseases, and of a sure method of curing them; that whoever pretends to have found out a simple or compound medicine, an universal specific in the Gout, either weakly deceives himself, or purposely designs to make the world believe he is wiser than he really is.

How strongly soever some men are prepossessed against every method to relieve the Gout, which is not strictly within the pale of common practice, from an apprehension that it may suppress the disorder, it seems reasonable to think that any method whatever, which gradually restores the appetite, strengthens the stomach, removes flatulence and indigestion, changes the fallow complexion into a native clearness and ruddiness, invigorates the circulation; and, in short, produces every sign of returning health,

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while the gouty complaints diminish, cannot be pernicious or improper. It is also reasonable to think, that the increase of strength, under these circumstances, may throw off, but cannot suppress, the gouty matter. Could a person be relieved of his gouty complaints, by the common practice, and, at the same time, the favourable alterations in other respects, (as just mentioned) happen, would it not be deemed a great recovery? And can it be supposed, that the practice, which does really compass these things, can be injurious? To this, I answer, No. To illustrate this argument still farther, let us suppose different persons to be differently afflicted with the Gout; some to have an acute attack of the disorder in the head, stomach, or other vital part; others to be continually afflicted with gouty asthma: some to labour under violent diseases of the nervous kind; others to be rendered paralytic, from a gouty cause: to have distorted or contracted limbs; to walk with difficulty through weakness; to be totally deprived of strength in the legs and feet: let us suppose, I say, that these people, after they had tried the usual methods in vain, and were moreover constantly growing worse, should be relieved by any other method; can the method, which restored them,

them, be less beneficial, or more improper, than those which had failed? . . .
 . . . It was long an error, which still too much prevails, to ascribe the effects of medicines to certain qualities inherent in them, without considering that those effects depend, in some measure, on the state of the body to which they are administered. This fallacious opinion seems to have given rise to the notion of specifics, and to all the quackery founded upon it. It seems too, to have been one great cause, that some medicines, which had produced some good, were condemned, because they had also occasioned some mischief; it not being considered that the injury was owing to the misapplication, and not to a pernicious quality in the medicine. Whether the consequences deduced from this opinion, be true or not, it is evident from the different effects of the same medicine in different people, that the opinion itself is ill founded. For if it was just, the operation and effects of medicines would always be the same in all persons, and even in the same person under opposite habits of body, which, it is well known, they are not. If we apply this simple observation to medicines, which were supposed to be antidotes, or specifics, in the Gout, it will

explain why the same medicine was useful to some, injurious to others, and even fatal to the same person on whom it formerly had the most desirable effect. To instance this in the Portland powder, a medicine of a warm nature, Is it to be supposed that it could be equally beneficial, or even equally proper or safe, in a person of a cold, phlegmatic, relaxed, and emaciated habit, with impoverished juices; and in another of a strong constitution, prone to inflammation, and full of dense, rich, blood? Is it not reasonable to think it must be injurious to one of them? If a person in a low weak state, is restored by it to health, strength and fulness, Can it be safe to continue the medicine? Might not the continuance of it in such a full state, contribute to produce giddiness, apoplexies, or other diseases? Might it not have the same tendency in those who are of a full habit when they begin to take it? Are we then to be surprised that it relieved some, and injured others; and, by its continuance, hurt those it had formerly been of use to?

It is likewise apparent, that bleeding, vomiting, and every other evacuation and species of treatment, cannot be proper in all cases. To state the matter in the same simple way, it is obvious, that in a person
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of a sanguine constitution, rich, fizy blood, where the disorder is attended with a high fever, and great inflammation, bleeding may be required. That to one in an opposite state, it would be highly detrimental. That where the stomach and bowels are oppressed with acrimonious contents, vomiting and purging, if there be nothing particular in the case to forbid them, may be useful, although, in other circumstances, they may be pernicious. Thus there can be no rule, on these heads, applicable to all cases. All these things are capable of doing good and harm: and it is only by the judicious application of them, according to the circumstances in each patient, that we can derive benefit, and avoid being injured by them.

From the uncertainty in the operation, the mild and the virulent effects, which the more active vegetable medicines had in different people, Physicians were led to think there was something deleterious or noxious in them; and therefore they laboured to divest the medicine of that supposed quality, or to find out a corrector for it. To how little purpose, and on what little foundation, so much labour hath been bestowed, Opium, not to mention other things, fully evinces. This drug assuages pain,

excites pain; produces sleep and watchfulness; gaiety and great languor, delirium and stupidity; it checks the secretions, and promotes them; stops vomiting, and occasions it; induces heat and coldness. When the most kindly and salutary effects were experienced from it, in the most delicate cases, Is it not amazing it could be suspected of a noxious principle or quality? and that men of sense should labour to divest the medicine of it, or to find a general corrector, whereby it might be made to have the same beneficial effects in all? Was it not reasonable for them to think, that any alteration in the medicine, either by deprivation or correction, which qualified it for some people, must necessarily render it less proper in others of a different constitution? How weak is reason when obscured by prejudice!

What are we now to think of a partial system, of a one medicine, of a one mode of proceeding, in the Gout? What are we to think of the indiscriminate use of opium, or of any preparation of it in that disorder? Medical authors relate several instances of the pernicious effects of opiates in the Gout: Nor do the inconsiderateness of practitioners, the violence of pain, and the hopes of ease in patients, render them unfrequent

quent now. I knew a case of a gouty, but otherwise, very healthy man, to whom several doses of it were given. The patient was seized with an apoplexy, from which he soon recovered, but remained in a state of idiotism many days. A gentleman, who has long been afflicted with the Gout to a violent degree, had also long been accustomed to palliate his pains with opiates. The disorder, for some years, prior to his using opium, attacked the joints in the usual way; but after he had indulged a considerable time in that practice, instead of seizing on those parts, and confining itself to them, it diffused itself through the whole muscular flesh of the extremities, exciting violent pains, cramps, and twitchings, which were infinitely more distressing, than the disorder used to be when it invaded the joints. This change in the disease, he attributes to the opiates: nor is the opinion without foundation. The late Reverend Dr. Warner strongly recommended a preparation of opium in the Gout. His benevolent intention was truly laudable; but is it not probable he may have done as much harm as good to society by it? When

When things are thus impartially stated, the weakness of thinking this or that mode of practice proper or improper in all cases, becomes as manifest as the pretensions of quackery to a specific in the disorder. Much hath been written on the diet of gouty people, in order to point out the utility of one, and the danger of another kind of food; that the unhappy gouty race may not make the means of their immediate nourishment and support, the cause of their future misery. Intricate as this subject too may appear, from the learning and labour bestowed upon it, a few simple observations will enable one to see that no directions on this head are to be promiscuously followed. The variety, and even contrariety of circumstances observed of gouty cases, make it apparent, that no kind of diet can be proper in all cases, either in the fit or out of it: that one person may require a temperate; another, a rich, strengthening, cordial one. But to go further, a mode of diet, and many kinds of food, which agree with one man, disagree with another. A kind of food, reputed hard of digestion, shall fit lighter on the stomach, and agree better with an invalid, than another kind which is thought lighter and easier to be digested. Some people labouring under
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the Gout, have lived on high seasoned food; others have never tasted any thing but the most simple aliments: and in a country where the Gout prevails more than in any other, the inhabitants live almost intirely on a vegetable * diet. Mankind, in a state of nature, and strangers to culinary arts, are found to live healthy on either flesh, vegetables, or fish, alone. The more civilized nations, among whom the Gout prevails, differ widely in their diet: yet under that diversity of dishes, men, while they keep within the bounds of temperance, are hearty and well. These obser-

* Prosper Alpinus, a Physician highly celebrated by the great Boerhaave, resided some years in Ægypt. He gives an account that the Ægyptians were a chearful people, and lived to great age. They were averse to a variety of food, and generally drank water. Rice, bread, peas, milk, some esculent herbs and roots, dates, plantains, figs, apricots, cucumbers, melons, peaches, grapes, oranges, lemons, citrons, and pomegranates, constituted the bulk of their diet. They eat little meat, and that, excepting among the poor, was generally mutton or fowls. He mentions also, that the Gout was no where so common as among those people; and that pains in the joints continually prevailed, attacking all sorts of people without distinction. *Neque continue arthritici quam plurimi homines, quales ibi existunt, reperiuntur.—Frequentissimi articulorum dolores continue sparsim per urbem vagantur, ac mulieres, eunuchos, & omnes abjue discrimine invadunt & affligunt.*—He likewise observed, that they were very often afflicted with the stone, and with ulcers in the kidneys.

Alpin. de Medicin. Ægypt.

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vations, it is true, are to be understood under some restrictions: yet admitting every circumstance to the contrary, and not adducing the additional weight that might be drawn in favour of the argument, from the amazing power of the digestive organs, and the force of habit, they are still sufficient to shew, that reasoning on the properties of alimentary substances, like reasoning on the properties of medicines, from experiments made on them before they enter the body, is precarious and delusive. But if with these observations it be further considered, that in laying down a regimen of diet for a patient, his accustomed food and exercise, the course of medicine he is upon, and many other circumstances which differ in different people, are to be attended to, it will not only authorize one to suspect that the opinions which have been advanced of this or that kind of food, producing or preventing the Gout, and the rules of diet directed to be observed in all cases, are more plausible than just; but it will also incline one to think that some latitude may be safely allowed in those articles of food, which are known, by experience, to agree with the patient, provided he be but temperate in the quantity.

Although physicians have differed in their notions of the salubrity and insalubrity of certain eatables and drinkables, they have generally concurred in reckoning intemperance or excess in them, one great cause of the Gout. *Hippocrates*, upwards of two thousand years ago, when refinements in diet were unknown in the country wherein he resided, declared the Gout, under certain circumstances, might be cured, if the patient was attentive in his diet. *Galen*, who lived about six hundred years after him, when Roman luxury had got to its greatest height, ascribed the greater prevalency of the disorder in his time, than in the time of Hippocrates, * to the greater intemperance and indolence which then reigned: and so likewise did † *Seneca*. The power, indeed, of these two articles, in producing the Gout, has been asserted, by many of the subsequent writers to the present time, and is true in many cases. Yet, whether they obtain in all cases; and whether there are not some instances, in which they have not

* Ætate igitur Hippocratis pauci podagra laborabant, propter victus moderantiam: nostris vero temporibus, usque adeo auctis eduliis ut nihil eis addi posse videatur, infinita est podagrarum multitudo, quum nonnulli sint qui ne exerceantur quidem, sed cruditatibus atque ebrietatibus incumbunt.

Galen. in Aphor. Hipp. L. 6, §. 28.

† Epistol. xcvi.

the least share in occasioning the distemper, may perhaps be justly questioned. Be this as it may, it is to be observed, in support of the dignity of human nature, which is debased by the supposition, that the Gout is *always* occasioned by voluptuousness; that it seems improbable, considering the great number of gouty men who have existed, among whom were many wise and virtuous in other respects, that there should not be even a few, but who acted so inconsistently with that virtue and good sense, as to acquire the disease from that cause. The utility, however, of temperance in the Gout, and, indeed, in all other distempers, cannot be too strongly, nor too frequently inculcated; for, as *Plutarch* justly observed, * Intemperance is not only the cause of many diseases, but gives additional force to other causes. To the honour of the Faculty, it is a point which they have enforced, in every mode, from the earliest ages of physic. Among later writers, Dr. Stukeley, a fellow of the College of Physicians of London, in a tract on the Gout, addressed to Sir Hans Sloane, about forty years ago, speaking of the effects of temperance, expresses himself as follows: —“ Temperance must be inculcated at

* De Tuend. Valetud.

“ all times, for though we conquer in every
 “ fit, yet the fewer battles the better for
 “ our natural strength. A habit is always
 “ growing better or worse. Porphyry in
 “ Vita Plotini, tells us of Rogatianus, a
 “ Roman Senator. He was crippled with
 “ the distemper, and was carried in a chair
 “ daily, to hear Plotinus, the Platonic phi-
 “ losopher. Becoming his disciple, he grew
 “ *exceedingly* abstemious, and lost his Gout.
 “ Let not the doctrines of christianity be
 “ less influential on our lives than the hope-
 “ less lectures of Plotinus. Take Hip-
 “ pocrates his authority, 11 de Prædict.
 “ that the Gout is not to be cured without
 “ temperance. Oribasius says, if people
 “ be slaves to their appetites, we ought not
 “ to undertake their cure. I doubt not
 “ but if we be so complaisant to the ordi-
 “ nances of our church, as now and then
 “ to keep a fast-day, we shall find our ac-
 “ count in it. However, by all means,
 “ computations and feastings must be laid
 “ aside. That constitution is best which
 “ will bear extremes. Temperance is the
 “ great sauce to all other human felicities.
 “ This only satiates, but never cloyes. This
 “ is a pleasure which refines the mind, in-
 “ vigorates the body, preserves the estate,
 “ renders us superior to fortune, out of
 “ the reach of adversity. This is a virtue
 “ which

“ which is its own reward ; the parent of
 “ regular passions, of sweet contentment,
 “ of healthful progeny, of happy youth,
 “ of vigorous old-age and long life. If
 “ excess, in our thoughtless, juvenile days,
 “ or a habit of it in our more advanced age,
 “ has been the occasion of the distemper,
 “ let us amend it.”——This philosophy
 is very pretty ! But not to be dazzled with
 the pomp of words, *Temperance* is not to
 be confounded with *Abstinence*. It is cer-
 tain, that the *exceedingly* abstemious diet of
 Rogatianus, would be as pernicious to ano-
 ther person, not circumstanced as he was,
 as the opposite extreme had been to him-
 self. Nor is it always necessary that a pa-
 tient should be confined to rigid temperance
 itself, to mitigate the disease, supposing that
 would do it, since there are instances of
 people, who, having long been subject to
 frequent, painful, and tedious fits of the
 Gout, were relieved, in all those respects,
 by medicine ; and continued afterwards to
 enjoy far better health in the intervals, than
 usual, altho’ they persevered in their former
 way of living.

In the course of the preceding remarks,
 it was not without regret that I perceived
 the work to assume the appearance of seve-
 rity, or of vanity, and of depreciating the
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labours of former physicians, in this part of the science; either of which would be as weak, as it would be abject and contemptible. Truth, and the freedom of enquiry, drew that freedom of expression from me, which gives it that appearance. Nor were they to be sacrificed to a delicacy of language, which is ever unmanly, when it is inconsistent with our thoughts, or inexpressive of them: nor is writing my profession. But notwithstanding that appearance, so far from entertaining either of those humble views, I respect the well-meant endeavours * of my predecessors; and, it is my opinion, that no man can, or ever will, attain to a tolerable knowledge in treating the Gout, who is not conversant in what they have written concerning it.—What the Great Father of Physic said of the science † in general is not inapplicable to this

* Alii quidem aliud attigerunt, totum vero ne unus quidem adhuc ex his qui ante extiterunt. Neque tamen eorum quisquam reprehendendus, quod invenire non potuerint, quin potius laudandi omnes, quod quædam investigatione aggressi sunt.
Hipp. de Vict. Ratione, Lib. 1.

† At vero in medicina principium & via inventa est, per quam præclara multa longo temporis spatio sunt inventa, & reliqua deinceps invenientur, si quis probe comparatus fuerit, ut ex inventorum cognitione ad ipsorum investigationem feratur. Qui vero his omnibus rejectis ac repudiatis, aliam inventionis viam aut modum aggreditur, & aliquid se invenisse jactitat, is cum fallitur, tum alios fallit.

Hipp. de Præf. Medicin.

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disorder. The life of man is too short to make any considerable proficiency in so extensive and complex a subject, without the aid of his predecessors. There are many good practical observations, and many valuable medicines, scattered thro' the works of medical and chemical authors. Whoever is qualified for the task, and will be at the pains to trace the history of the Gout, from the earliest ages down to the present time; to wade through the heterogeneous matter in which the subject is obscured, in order to collect what is really useful; who can patiently, and without prejudice, consider things, so as to apply particulars to their proper cases, will not regret his labour. Besides what he learns directly from them, many useful thoughts will occur to him in the perusal. Nor are authors, even of a lower class, to be neglected; for it sometimes happens, that a circumstance shall be casually mentioned in the very relations of the rude and dangerous practices of Quacks, which shall furnish a valuable hint to a judicious reader, who is engaged in such an enquiry, although the utility of it escaped the ignorant narrator.

I shall now proceed to illustrate the foregoing reflections and observations by a few cases. But I must first request the reader
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to reflect on what has been said of radical cures, and the like fallacious pretensions of impostors ; and apprize him, that instead of such extraordinary feats, which the pursuits and circumstances in life, of the generality of gouty men, will not allow them to make a rational attempt to obtain, he will meet with more humble performances. And even those, he is to regard no otherwise than as mere preludes to improvement, and as affording a rational encouragement to other physicians to turn their thoughts that way ; and a well-grounded hope, that by the industry of future enquirers, the ravages of this cruel disease, may be brought as far within the power of medicine, as the condition of human nature will allow. These cases go no further, indeed, than to countenance the possibility of a radical cure, under some circumstances ; and to shew that the disorder, may, in many cases, be relieved to a greater degree than is generally done. Although the names of the patients are not mentioned, I shall readily direct any gentleman to them, who may be desirous of enquiring into the particulars from themselves. The practice, by which these cases were relieved, is omitted. To lay that down in a proper manner, to point out wherein, and explain why, I differ from the established methods of cure, and to demon-

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strate the principles on which my practice is founded, would lead me into the consideration of every thing appertaining to the Gout ; a work, which would require more time. than I have at present to bestow upon it. Even if a mere detail of the treatment in each case, with general observations on the methods of cure, would be dispensed with, I must candidly own, that I could not reconcile it to myself, to introduce to the public, the fruits of many years attention to arthritic diseases, in so desultory a manner, from which no credit could be derived. Besides, general observations on a complex subject, carry less conviction with them, and are, therefore, less able to make their way through the prejudices of mankind, and to apply to the judgment, than when each particular is elucidated and established to form a general demonstration. To treat of arthritic diseases, in a manner suitable to the importance of the subject, or, at least, as I have long had an intention to do, would be to trace the various opinions and methods of practice ; and, in short, the whole history of the Gout, from the earliest accounts we have of it, to the present time ; to examine each particular with accuracy, under all its varieties of circumstances ; to shew what was useful, what fallacious, as far as my own experience, and strict analogy would

would go : to illustrate my sentiments on each head, as well as the practical methods I should recommend, by apposite cases that have fallen under my own inspection, and refer to similar ones that are to be met with in books. So extensive a plan as this, notwithstanding I have many materials for the work, cannot be compleated without much labour and time : and therefore I can only say, in the words of Cicero, *Istum laborem non recusarem, si mihi ullum tribueretur vacuum tempus, & liberum. Neque enim occupata opera, neque impedito animo, res tanta suscipi potest. Utrumque opus est, & cura vacare, & negotio* *.

What Sydenham observed of the diversity of shapes and appearances, which the hysteric disease assumes, its invading every part of the body, and counterfeiting the disorders of them, is equally applicable to the Gout in this kingdom. Daily experience shews there is scarce a part which it doth not invade, nor a disease which it doth not so exactly resemble as to be mistaken for it, till the appearance of the Gout in the extremities, and the subsequent alleviation, or total cessation of the former com-

* De Legib. l. i. c. 3.

plaints, demonstrate whence they had their rise. These fallacious attacks generally happen in persons who never had a regular fit of the Gout ; in which case, I shall call the disorder an unformed, or imperfect Gout. But there are no complaints, which the Gout, in that unformed state, is so often the cause of, as those of the stomach and bowels, and that train of evils which commonly go under the name of Nervous. It is not unusual to see people struggling with them for years ; running from one mineral water to another, from one climate to another, and trying various medicines, to no manner of purpose. A fit of the Gout at length happens, and they are immediately well. Those in whom the disorder fortunately takes this turn, enjoy tolerable health the remainder of their lives : while others, in whom, through weakness of constitution, or improper management, it is hindered from so doing, drag on a miserable existence. Similar effects happen in people who have had the Gout regularly, but in whom, through similar causes, the disorder is diverted from the extremities, and is thrown on other parts ; in which cases, however, there is less chance of mistaking the disease.

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I shall first give some instances of the unformed, and then of the regular Gout. Before, however, I enter upon them, I beg leave to observe, in general, that in relating the cases of living persons, there are certain circumstances, of considerable moment towards a right understanding of them, which should be mentioned more minutely; than delicacy, or even humanity, will admit of being published. Excesses, or irregularities of any kind, distress, and other emotions of the mind; all matters, in short, of private concern, are of this nature: and therefore, although they may have greatly impeded the relief, and promoted the return of the disease, they are to be passed over intirely, or their pernicious influence is only to be hinted at in the mildest, most distant, and general way.

A Person of a good constitution, and descended of healthy parents, neither of whom ever had the Gout, enjoyed good health till he was about twenty years of age; when, without any previous complaints, or obvious cause, he fell into a fit, which was said to be of the epileptic kind. The three or four following days, he had several attacks of the same nature; in the intervals of which, his senses were a little disturbed:

sturbed : at the end however of that time, after he had been blooded, blistered, &c. the fits ceased, and his head grew clear and easy : but he soon became paralytic in the knees and subjacent parts, and having continued six or eight weeks in that condition, without any sign of amendment, he very speedily recovered the full use of his legs and feet ; which, from the beginning of the debility in them, had been frequently put into warm, medicated baths, and well rubbed with cloths, impregnated with fumes of gums. On the recovery, however, of his limbs, he was seized with rack-
 ing pains in the head, which sometimes remained in one spot, and at other times darted, with great violence, in every direction, through the head, generally into his eyes and temples. These pains continued only a few days, and left him tolerably well : but they soon returned, and, for sixteen years, afflicted him in the following manner. In the earlier part of that long period, he was usually tortured with them for three or four days together, and then had short intervals of ease, of only a few weeks ; for, during the whole sixteen years, he never was longer than two months at a time without a return of the pain. But as the disorder became more confirmed, the intervals of ease grew shorter,
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and the fits of pain longer. After he had thus suffered nine years, he was seized with an additional affliction, a dull heavy pain in the back of the head, which continued constantly upon him, with little or no variation, the ensuing seven years. From this time, the excruciating, darting pains already mentioned, returned oftner, and lasted longer than before ; or were rather gradually changing into a continued disease, for the paroxysm he was labouring under when I saw him, had lasted four months.

From the beginning of his illness, his eyes were affected, and his sight gradually became so impaired that he was obliged to use glasses. His senses were oppressed : his spirits generally low. His complexion was dark ; his eyes dull and languid ; his whole countenance bloated or full, with great heaviness or melancholy upon it. This disorder was thought to be nervous. Many Physicians, and many medicines, internal and external, had been tried without success.

Although it is of little use to know the steps by which a cure advances, where the practice is not laid down, yet, as it may gratify curiosity, and afford satisfaction, to know the gradual effects of the method by which

which the cure was wrought, or relief was obtained, I shall give a short detail of the most remarkable changes which happened in each case, from the time the patient fell under my care, to the termination of it.

In the above case, within a fortnight after I began to attend the patient, the pain in the back part of the head moved a little to one side. In a few days more, he was awakened at night with a very acute pain in the heel, which gradually increased the following days, and spread itself into the foot. In a word, a very severe fit of the Gout ensued in both legs and feet, and in the right hand. The left knee, leg and foot, in particular, were swelled to a prodigious size, greatly inflamed, and so tender, as scarcely to bear the softest touch. The right hand was affected with nearly the same violence. He continued in this state above two months; and, in the meanwhile, the pains in the head gradually abated, and at length totally ceased; that in the back of the head first, then the severe shooting ones. His complexion became clear: his eyes lively; and he grew cheerful. Being called away to a distant place, I left the patient in this condition, and never saw him afterwards. The Gout, however, gradually went off, leaving only a weak-

weakness in the muscles which open the hand, so that when the hand is shut, he cannot open it without the assistance of the other : and this I am convinced would have been prevented, if I could have attended him to the conclusion of the fit. This remarkable case happened in 1764, since which time, the patient has enjoyed perfect health ; having never had a return of the head-ach, nor of the Gout, nor been troubled with any indisposition whatever ; and has lived without any regimen or restraint in diet.

Since it can be no derogation from the merit of a Physician, who has done as much in a case as the rest of the faculty could do, that another shall be more successful in it than himself, by means of a deviation from the common practice that is equally unknown to them as to him, I hope, wherever it is mentioned, that the patient had tried the usual methods in vain, it will not be construed into an illiberal insinuation against the gentlemen who were concerned for him before ; nor into a ridiculous vanity. The superior utility of things is only to be known by comparison : and the efficacy of one method of practice cannot be better demonstrated, than by the insufficiency of another in the same case.

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A Person, fifty-three years of age, whose father had long been subject to the Gout, about twenty years ago, without any apparent cause, became afflicted with great lowness and dejection of spirits, giddiness, loss of appetite, wind in the bowels, costiveness, feebleness in all the joints and limbs, and continual, dull, heavy, pains in the head. The complaints in the head were so severe and distressing, that, after having been cupped several times without benefit, he submitted to have an issue made in each shoulder, large enough to contain several peas, in hopes of being relieved by a copious discharge from them.

When he had laboured under these afflictions two years, and was greatly reduced in flesh by the severity and long continuance of them, he was seized with a pain in the great toe; which being followed by a great alteration for the better in all respects, first suggested the suspicion that the Gout was the cause of his illness. The pain in the toe lasted only two days; and the relief he received from it no longer than a week. Every complaint then returned as severely as before: and he had, moreover, a sensation of such flashing or darting lights in his eyes, as he expresses it, whenever he was in the

the dark, that he was obliged to have candles burning in his chamber all night, to avoid the distress of it.

Worn down, at length, in body and mind, with these accumulated evils, and not meeting with even an alleviation of his distress, from the many nervous and other medicines which he had tried, he went to Bath, where he was greatly relieved by an ingenious Physician. He often after that, had recourse to those salutary waters; but from the first time he used them, he had short fits of the Gout every year, sometimes in the feet, sometimes in the hands; and as those fits were more or less complete, he was more or less relieved by them, and continued well a longer or shorter time after them.

In the spring 1766, he had a fit of the Gout, which going off too soon, left him as bad with the lowness of spirits, pains in the head, giddiness, &c. as he had ever been. Upon this, he was advised to go to Buxton, in hopes the waters there would give him a more complete fit; which he accordingly did; but after drinking them a few days, he was seized with so violent an attack of the Gout in his stomach and bowels, that, for ten hours, it was not expected he could

survive it. And when this attack went off, he had an extreme soreness over his whole body, as if, according to his own expression, he had been flead alive. It was so great, that for three days he could scarcely bear to be taken out of bed. This fit, however, was of great service to him; for he continued perfectly well some months after it. But his health declining again, he went to Bath in the Winter, and passed some months there; during which, he grew better, but had not got rid of his old complaints, when he was obliged to come to London in April 1767, where he fell into a slight fit; and, on finding it was as usual going off too soon, he sent for me, with a view that I should give him something to fix and increase it.

But being induced, by experience, to think, that it is not always necessary to fix a vague Gout, or to convert a slight fit into an excruciating one, in order to relieve nervous complaints from a gouty cause, I endeavoured to assist him, without having recourse to either of those painful methods. The consequence was, that his gouty pains were intirely removed in a few days, and the nervous complaints, at the same time, considerably relieved. He was but twelve days, in all, under my care in town; and then went down, much recovered in all respects,
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to his country-seat; where he took medicines, by my directions, about three months longer, without suffering any confinement, restraint, or other inconveniency from them, and, by that time, was restored to perfect health. The year following, although he was quite well, he went through a fortnight's course of medicines by way of prevention. From the conclusion of the first course in 1767, to October 1770, a term of three years, he had no return of the Gout, nor of any of his former complaints, but enjoyed an uninterrupted state of good health, which he had been a stranger to from the beginning of his indisposition. In October 1770, he had a fit in both feet of ten days continuance: and when it left him, he had much less of his old complaints than after any preceding fit. On the termination of it, he again took medicines about a fortnight: and after that, continued hearty and well till lately, that he has had some slight pains in the feet, not enough to hinder him from going abroad as usual. It may not be amiss to mention that this person, ever since he was first under my care, has lived as he did before: that is, eating and drinking of every thing indiscriminately.

A Person

A Person about fifty, of an healthy constitution, who had been accustomed from his youth to hard exercise, and temperate living, was, after taking cold, as he supposes, afflicted with vague pains all over him; which were not, however, so severe as to confine him to the house. When they had continued about a fortnight, he was suddenly seized with a pain in the articulations of the jaws, which immediately extended itself obliquely down to the fore part of the neck, and thence spreading over the breast, diffused itself in shooting pains thro' the arms, thighs, knees and legs, but most severely in the thighs and legs. They never attacked his feet, nor had he ever any pain in them, although, prior to this indisposition, they were often very tender. The pain generally attacked the jaws, while he was gaping, or immediately followed upon it: and that several times a day. At the first, the shooting pains in the limbs always succeeded the pain in the jaws, as before described, and lasted but a few minutes; but, in a short time, they ceased to attack him in that regular manner, and he constantly felt them in some limb or other. They were sometimes so severe, and occasioned such weakness, that he could not stand.

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After having been harrassed with these pains a few weeks, there came on small spasms or convulsive motions in the flesh, which he compares to the creepings of worms or small eels. These spasms were so numerous and frequent, that, as he expresses it, the skin of the part seemed to be filled with those animals. They were attended with an uneasy, but not painful, sensation: and were to be seen and felt in the leg without removing the stocking. They sometimes happened in the arms, but from the beginning, were chiefly in the inside of the thighs, and legs. Nor was he a day without feeling them in one place or another: the pains in the limbs continuing all the while the same as before.

From the beginning of the disorder, he had been much troubled with wind in the stomach, and workings in the belly. For several weeks he had a great disposition to sleep in the day-time. Within three weeks of his applying to me, he had frequently been taken, both in the night and day-time, with a sickness at stomach, which continued two or three hours, but never occasioned vomiting; and when this happened, he

he was generally heavy and dull ; and the spasms in the limbs were worse.

Soon after the spasms began to appear, the ancles swelled, were red, with great heat, no pain, but a soreness to the bone, and considerable itching. They continued in this state two days, in which time all his complaints were better. A few weeks afterwards, they were attacked in the same manner, and the like abatement of the disorder ensued.

This singular illness I suspected to be an unformed Gout ; and endeavoured, with a view to ascertain that point, to bring it to a regular fit. The first effects of that attempt were, that the sickness and flatulence at the stomach abated ; slight pains, with swelling, came on the ancles. In a few days more, after having had more severe pains than usual, all night, in the limbs, but chiefly in the thighs and legs, he was seized, at four o'clock in the morning, with such violent pains in the left foot and right ankle, that he could scarcely turn in bed : and on examining them next morning, they were found to be greatly swelled and inflamed. In two days more, the pain became so violent in them, while the spasms in the limbs abated, that I was afraid, if we persisted

persisted to fix the disorder in the feet, he would be laid up in a very tedious fit, which his situation would not well admit of: for which reason, I desisted from any further attempt that way, and pursued another method to relieve him. Yet, notwithstanding that, he frequently had pains, and sometimes pretty severe ones, in the feet. He sometimes fell into gentle sweats over the whole body; at other times, he had partial sweats on the neck and breast where the pains formerly were. He often had, for some hours, a constant irritation to make water, attended with some pain; which obliged him to that evacuation every six or eight minutes. At other times, he had workings in the bowels for two or three hours, which went off with a few loose stools. The irritation to urine, and the workings in the bowels, would each cease on the other's coming on. His complaint, in the mean while, grew better, and in six weeks he was perfectly well. This case happened last Summer. The patient has since remained in good health, notwithstanding he has gone out, on foot, in all weathers, during the Winter.

It often happens, that the arthritic matter, after having occasioned the most dreadful and irregular complaints, in its unformed state, shall, as in the preceding cases, either assume

its regular appearance in full vigour, or approach so near to it as to leave no doubt of the cause to which the patient's indisposition is to be referred. At other times, when it seems, either by itself, or in conjunction with other causes, to have produced equally great and bad effects, it gives slighter and more equivocal intimations of its being the author of the mischief, or of its having a share in it. Of this kind is the following case.

A Person, aged twenty-two, of a good constitution, and always healthy, in the spring, 1768, was seized with an oppression at the breast, difficulty of breathing, and a cough; which were removed by bleeding. On taking cold, he relapsed into the same complaints, and was again relieved by the same means. This relapse was succeeded by a slow fever, which continued upon him seven months, notwithstanding frequent bleeding, vomits, great quantities of bark, and other medicines, were used to remove it. Nor did he at last get rid of it till he had been a few days at sea. While this fever held him, he was frequently troubled with the oppression at the breast, and difficulty of breathing, which were attended with a high pulse, and palpitation of the heart. Three months from
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the invasion of the fever, he began to feel dull pains under the ribs of the right side, attended with wind at the stomach. From this time also he had an almost constant soreness at the pit of the stomach, on the slightest pressure. And, in a month or two more, a dimness of sight ensued, with a sensation, at times, of a moving or creeping on the top of the head. While he was at sea, all these complaints likewise diminished. For six months after his arrival in a warmer climate, he was tolerably well; but, at the expiration of that time, the slow fever returned, with loss of appetite, and an increase of the other complaints; on which account he embarked for England. He again grew better on being at sea a few days: but, the latter part of the voyage, he began to be troubled with pains in the shoulders, so that he could not move them, or his arms, without considerable uneasiness.

Soon after his arrival here, the left corner of his mouth was observed to be drawn a little on one side. The pain in the shoulders, the soreness, swelling and flatulence at the stomach were considerable; his spirits indifferent: In this condition he became my patient. The progress of the case was as follows: In a few days he

found his stomach easier and better ; and from that time, the flatulence, swelling, and soreness, gradually declined. The pain in the shoulders increased, and he felt vague pains in the arms, thighs and legs : those in the shoulders and arms continued so bad, that, for many weeks, he could scarce raise his hands to his head : at the same time he had a continual, though not acute pain, with stiffness and weakness, in both hips, but much more severely in the left one ; in consequence of which, he was very lame, and, with the utmost exertion, could walk but a little way, and that not without great difficulty. He often had, for some days, a great soreness or tenderness immediately below the knees ; and this too was worst in the left knee. In the mean while, the left side of his face grew more retracted ; there was a stiffness and soreness in it, and he was unable, for six weeks, to shut the left eye more than a fourth part of the way. His fingers were commonly cold and clammy ; but excepting that, his skin was generally dry ; his spirits generally depressed ; his pulse about eighty in a minute in the morning, about one hundred in the evening ; sometimes much quicker at both periods. These complaints continued, with frequent changes, near three months, before any amendment
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happened, except in the stomach. At length, when he grew better, he began to have itchings on the extremities, and about the head and face. He frequently fell into easy gentle sweats. Sometimes he had pains in the instep for a few hours; now and then in the feet, and in the toes and fingers; which were often stiff, and felt full. One or two of them, at times, were a little swelled, and painful for a day or two, with a slight redness of the skin. He once had a smart pain, for some hours, in the ball of the great toe, with swelling and redness, that he was obliged to leave off a shoe, which he had long worn with ease. For some weeks, he had a dry scurf on the face and head, attended with great itching and soreness. Sometimes he had a gentle Diarrhæa for a few days; at other times an increased discharge of urine. His complaints, in the mean time, diminished; he gradually recovered the full use of his limbs, so as to walk many miles on a stretch, and at last got quite well, except that he now and then had some little flatulency, and a slight uneasy sensation at the stomach.

We have now seen the arthritic matter giving faint, but yet tolerably characteristic marks of itself, in the distant approaches it
made

made towards a regular fit. It is reasonable to think, and experience countenances the opinion, that it may be the cause of various complaints, although it should produce them in a more latent manner, and never manifest itself by indubitable signs. In this case, the reality of its existence, and of its being the cause of the disorder, are only to be judged of from the affinity which any of the symptoms have with those which are known to have arisen, in other cases; from a regular Gout, become irregular; and from the method of cure. For if a patient, who had been treated without success, on the supposition of some other cause producing the disorder, should be restored by a method of cure grounded on an opinion that a latent arthritic matter occasioned his illness; it would be a strong presumption in favour of the latter; altho' no one symptom of the Gout attended the disorder, or followed on such treatment. To illustrate these sentiments by facts. In the preceding cases we saw partial sweats, and partial itching, from the unformed Gout. The following is a remarkable instance of them in the regular Gout, become irregular. A man, whose father and grandfather were arthritics, had at least one smart fit, sometimes more, every year, for upwards of twenty years; and was reduced to a
wretched

wretched state of decripitude by them. On escaping the usual fit, he became subject to indigestion, and pain in the stomach. This pain, when he had missed the fit two years, increased very fast, both in violence and frequency. Medicines were tried in vain : For three months he had it, more or less violently, every day : opiates at last could scarcely palliate the severity of the paroxysms. In this condition I saw him. In three or four days he was restored to almost perfect ease, on the eruption of a prodigious number of small red pimples over the whole region of the stomach, which were attended with great heat, redness, and itching. This was followed by frequent gentle sweats on the part ; and the third day, when the eruption was drying away, a new one succeeded. A person, when he applied to me, had been a twelvemonth, or more, afflicted with an almost constant headach, and with pain and flatulence at the stomach. Besides nervous medicines, he had taken Mercury, Bark, Antimony, and other powerful remedies, to no purpose. I treated the disorder as arising from an unformed Gout : an eruption of small pimples and pustules, attended with an intolerable itching, broke out over the whole body ; on which all his former complaints intirely ceased. A man who had been sub-
ject

jest to a regular Gout many years, became
 afflicted with an asthma on escaping the
 usual attack in the limbs. This being
 known, the asthma was treated as a gouty
 one, and he recovered. Another man had
 been long afflicted with an asthma, and
 had tried various remedies in vain; which
 induced me to treat it as proceeding from
 a gouty cause. In consequence of this, the
 asthma soon abated; but his feet grew so
 tender and sore, that he was unable to
 walk: he was, however, soon freed from
 both these complaints. A hard working
 woman had been frequently harassed, in
 the course of several weeks, with a violent
 pain on one side of the upper and under
 jaw, and in the ear. She also had rheu-
 matic pains in the limbs, to which she had
 been subject some years. These complaints
 ceased in a few days, on her being thrown
 into a slight fit of the Gout in the feet.—
 Whether many of the complaints of the
 stomach and bowels, which are called Bi-
 lious, are owing solely to an unformed
 Gout affecting the organs destined to the se-
 cretion of the bile, and the adjacent parts, or
 are only complicated with it, is a question
 I shall not here discuss. It is certain, that
 in many bilious cases, the patient is subject
 to vague pains in the limbs; and that the
 bilious complaints often cease intirely, on
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an attack of the Gout in the extremities : and it is also as certain, that the regular Gout, when it is repelled from the extremities, or otherwise becomes irregular, sometimes excites the very same bilious symptoms as in the other case ; which again subside, on the Gout's returning to its former station in the limbs.

A person thirty-two years of age, about four or five years ago, frequently threw up bile, and was subject to pains, sickness at the stomach, cholics, sometimes a diarrhea, and, at other times, costiveness. These complaints, were succeeded by violent pains in the limbs, which, at last, terminated in the total loss of strength in the lower extremities, so that, for a month, she was obliged to be lifted in and out of bed. She was recovered from this state of infirmity by the use of medicines, but immediately became afflicted with violent shooting pains in the forehead and eyes ; that it seemed as if the disorder had receded from the limbs, and fallen upon those parts. These pains were sometimes less severe than at others ; but she was seldom or ever free from them. They were attended with a feverish heat, or a chilliness : her hands and feet, in particular, instead of being in a temperate state, were, generally, either hot or cold. She

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laboured under an almost continual dejection of spirits ; her pulse was very quick ; her stomach was generally disordered with wind and indigestion ; and it frequently overflowed with bile. Sometimes she had slight pains in the limbs ; and, more than once, a good deal of pain, swelling, and inflammation, in the foot for some hours. She had gone on in this way about two years, when she applied to me last Summer.

In a fortnight, every complaint was greatly relieved. The pain, in the forehead and eyes, ceased almost intirely. She was chearful ; her eyes were lively ; her appetite good, and stomach easy. The change for the better was so considerable, that, in all probability, her health would have been completely re-established in a little time more, if the state of ease she was in, had not led her, not only to think it unnecessary to persist any longer in the course she was upon, but to neglect herself. And as these circumstances happened three or four times, it was four months before she got into an uniform, state of health ; which has continued, with little or no interruption, ever since. During her recovery, she frequently had itchings, in different parts, vague pains in the limbs, heat, tingling, pains for a few hours,

hours, swelling or fulness in the hands, fingers and feet.

Thus much for the unformed or imperfect Gout. I shall now relate a few cases of the regular Gout; which, as I observed before, fall vastly short of the radical cures boasted of by Empirics, and only prove, that the exquisite pain in the fit may be mitigated; that the fit may be shortened; that the intervals between them may be prolonged; the patient, in the mean while, enjoying better health than formerly: that the swelling, contraction, and weakness in the limbs, remaining after repeated fits, may be cured or relieved; that the patient, in short, may be recovered from the violence of the disorder, and brought to enjoy a comfortable state of health. And I begin with the following case, because, like an intervening or connecting circumstance, it shews the relation between the unformed and regular Gout, in producing nervous complaints; at the same time, that it is an instance, that the regular Gout, under the disadvantageous circumstance of a strong hereditary taint, derived from both father and mother, admits of some relief.

A Person, whose father and mother fell victims to the Gout, was attacked with it

before he was eighteen years of age. For some years, the disorder, as is commonly the case, was less frequent than afterwards, and visited only his feet. The fits, however, were very smart, but of short duration; seldom continuing longer than ten or twelve days. To give a general picture of the case, instead of fatiguing the reader with a minute detail of its annual progress; since the year 1757, he has never had less than two, seldom less than three, and he has even had four fits in the year. About that time, it began to invade his knees, his stomach, and his head; and becoming still more universal, there was scarcely a joint, or other part of the body, which, in some fit or other, in the course of the following years, it did not attack. The length of the fits likewise increased; that of late years, they seldom lasted less than five or six weeks, nor did they go off kindly, but often left pains in the head and stomach for some time. In the like manner, the stiffness, weakness, tenderness and swelling in the joints and limbs, were worse after each fit. He frequently had a diarrhea upon him for a month or two together. Sometimes it was so violent, that, for a day or two, he had upwards of twenty motions in a day: and, at those times, it was generally increased, almost immediately, on his taking any animal food.

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His stomach was much disordered : sometimes he laboured under a total loss of appetite ; at other times, he eat voraciously ; which was as constantly followed by a violent purging. His spirits were as unequal as his appetite. If they were elevated for a time, it was but of short duration, and a total dejection succeeded. His nerves were sometimes affected to that degree, that the least noise distressed him. Flatulence at the stomach, palpitation of the heart, flushings in the face, were frequent with him. The palpitation was oftentimes so distressing as to prevent him from sleeping, except in an erect posture in a great chair. Sometimes his hands and feet were hot and dry ; at other times, they were in a cold, clammy sweat. He had applied to many Physicians, and tried many things, in hopes of relief, with varied success. In August 1769, he had a most severe and almost universal fit. His feet, knees, kidneys, hands, elbows, breast, stomach, and head, were attacked with extreme violence ; the latter, particularly, in such manner, that during the whole fit, he was obliged to be bolstered upright in bed ; and could hardly decline his head any way, on account of the excruciating pain which the least movement of it occasioned. This dreadful fit lasted upwards of eight weeks ; and he continued more debilitated

debilitated after it, than after any other he ever underwent: infomuch, that while he was yet struggling under the remains of it, he was seized with another fit in January following, not indeed so violent, nor of such long duration, but nevertheless very painful and distressing. These severe attacks increased the nervous and other complaints already mentioned. His feet remained tender, swelled, stiff and weak; and he could not walk the length of a street, without resting, on account of the weakness and pain in the ancles and feet, and in the hips and back: so that he was under the necessity of keeping a carriage, in order to enable him to do his business.

In this condition, he applied to me the beginning of April 1770. In a few weeks, he was better in all respects. In May, he fell into a fit, from which he recovered sooner and better than he had done from any other for a considerable time: for in ten or twelve days, he was able to go about his business. From this time, instead of two or three fits in the year, ill health and lameness in the intervals, he continued free from a fit a year and a half: and, in the meanwhile, gradually and uniformly improved in every point of health. He enjoyed a greater firmness of mind, and a more steady
flow

flow of spirits. His stomach was easy : his appetite and digestion were infinitely better : the stiffness in his ancles and feet went almost intirely away, yet, nevertheless, if he walked too much, or caught cold, it would occasion some restraint in their motions for a day or two. He acquired such strength in those joints, and in the knees, that he walked about his business with great ease ; and sometimes many miles, on a stretch, without uneasiness or fatigue. He never was confined a day to the house, either with the disorder, or with any medicine he took. The heats and chills in the hands and feet ceased. His body got into a regular temperament in all respects. Without any apparent cause from diet, exercise, or change of medicines, he frequently had, for a day or two, a great flow of urine, easy sweats, or a gentle diarrhea. He sometimes felt smart pains in the feet, which ceased in a few hours, on some one of the preceding evacuations ensuing. While matters were going on in this way, he accidentally fell into the water, and, at the same time, received a considerable contusion on the shin ; but notwithstanding the violence of the latter, and that he kept on his wet clothes some hours, not the least gouty sensation ensued. In this state of health, a series of misfortunes befel him. For several

veral weeks his mind was harrassed with deep anxiety. A fit of the Gout ensued, not severe and painful as it used to be, but dull and lingering. He continued in this condition about six weeks; in the course of which, as his mind became serene and composed, his bodily infirmities subsided, with little assistance from medicine. This fit happened in October last. He has had no fit since that time, and is now much in the same state he was in before that attack.

In this inveterate case, I enjoined the patient a regimen of diet, &c. &c. which, however, the nature and course of his business would not permit him to follow, with the regularity he could have wished. But a deviation, in that respect, was not the only difficulty arising from thence: his business called him daily abroad, and, consequently, exposed him to all weathers; on which account, I was obliged to adapt the medicines to that circumstance, and was thereby prevented from employing more active remedies, or proceeding, in any manner which required the least confinement: for, as was observed before, he was not confined to the house, a single day, for a year and a half prior to the last fit; and to which may be added,—nor subsequent to it.

A Person fifty-eight years of age, who had always lived a very temperate life, had been long afflicted with the Gout; but, for the last twenty years, never had less than two, and, not unfrequently, three fits, every year; each of which generally lasted from one to two months. He often had a fit which confined him three months, and, sometimes longer, to the house. The disorder, for many years, invaded only the knees, ancles, and feet; but, of late years, it attacked his hands also, with equal violence. The pain was always very acute; the parts greatly swelled, and highly inflamed. For some years, even in the best state of health between the fits, he walked very indifferently, on account of a constant stiffness and weakness in the ancles, and feet: and it was generally a long time after each fit, before he could walk tolerably. Some of his fingers had been distorted many years.

He had constantly laboured under an asthma for three years, which, in general, was not much affected by the Gout; nor did the latter, after the asthma came on, deviate, in any respect, from its wonted frequency and severity.

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By the frequent returns, violence, and long continuance of the fits, he was much emaciated: and his health and strength, in general, were much impaired. When I first saw him, he had been laid up, a month, with the disorder in his knees, ancles, and feet; and was in so helpless a state, that, with the help of assistants, he could scarcely get in or out of bed.

I was called to this patient in June 1767. In three days his pains were much relieved. He continued to mend daily, and, in six weeks, walked at least as well as he did before the fit. In a few weeks more, he acquired a better state of health in every respect, (the asthma excepted, which remained much the same) than he had enjoyed many years. The stiffness in the ancles and feet relaxed: they gradually grew stronger; and he recovered nearly the full use of his legs, being able to walk without pain or uneasiness. From the conclusion of the fit, instead of two or three attacks in the year, he had not the least gouty sensation, or other complaint, for two years: when, being under the necessity of keeping on wet shoes and stockings, five hours in the evening, without having the opportunity to warm himself with exercise, he fell into a slight

slight fit, which affected his feet only. That fit did not confine him to the house above twelve or fourteen days. From that time he enjoyed uninterrupted health near two years more, and then had such another fit, which went off as expeditiously. After this fit, he again remained hearty and well, till within these few weeks, that he had an attack in the feet, which was equally slight with the former.

The first time I attended this patient, he persisted regularly in the use of medicines about two months. But in the subsequent fits, he took them only occasionally, while the disorder was upon him, nor has he made any alteration in his way of living. Satisfied with the ease and expedition with which those fits went off, with the long intervals between the two first, and with the good health he enjoyed between all the fits, he could not be prevailed upon to take any steps whatever to prevent the increase of the disorder, till the coming on of the last fit, so soon after the former, convinced him of the necessity of doing it: and he is now upon a course of medicines for that purpose.

A Person, aged thirty, was attacked, four years and a half ago, with a severe pain in

all the fingers of the left hand, but to a greater degree in the middle one, and in the articulations of the fingers with the hand. The pain continued three days before there was the least swelling, or redness any where. The middle finger then swelled a little. The fifth day, the other fingers swelled also. To this time (the 5th day) the pain began, when he was warm in bed, raged all night, and gradually abated in the morning; so that, about eleven o'clock, he was pretty easy, and could use his fingers tolerably well: but, after the fifth day, it was equally violent night and day. All the fingers, and the whole hand, swelled to a great height, were highly inflamed, and extremely painful and tender. At this time he applied to a Surgeon, who ordered him frequent doses of salts and manna; and continually kept the hand in a poultice of bread and milk: by which means, in the space of three weeks, the inflammation and swelling were a good deal reduced. Immediately after this he was admitted an out-patient, under a Physician, at one of the hospitals; from whence, however, after a fruitless trial of upwards of four months, he was discharged; and was advised, by the Doctor, to go to Bath, and try the waters of that place.

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When he came to me, which was soon after he left the hospital, he had little or no pain in the fingers; which were very stiff in all the joints, especially the middle finger. The extremities of them were visibly wasted; and the feeling impaired. The second joints were tumified; and those next the hand were so much enlarged, with a hard gummy swelling, that their natural shape could not be seen, or felt; the middle finger being worse, in all respects, than the others.

As to the effects of medicines, and the progress of his recovery, after he became my patient; he had, at the beginning, more frequent and severe pains than usual, sometimes in the hand, sometimes in one or more of the fingers, or of their articulations. In a few weeks the stiffness abated, and the feeling began to return. In about three months, the latter was perfectly restored. The fingers, after that, regained their former freedom of motion, excepting in one joint of the middle finger, which retained a small degree of stiffness. They gradually grew stronger, and he, at last, recovered the use of his hand; which has remained well ever since. He, indeed, has had, though at different times, an attack of the sciatic; vague pains
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in the limbs, and, once, a pain in the foot for twenty-four hours, with some inflammation, and swelling on the ball of the great toe ; all which were severally removed in a few days ; and, independently of those slight complaints, he has enjoyed perfect health.

A Person, between forty and fifty, who had suffered two attacks of the Gout, was seized, in the year 1766, with a violent pain in the hip ; for which, when it had continued two days, he applied to me. The night following, the pain receded from the hip into the foot. In two or three days he was free from pain ; and at the end of eight days, walked out as usual. From that time he continued well, till October last. He was then attacked, in the like manner, in the same hip. The second or third day after it began, he was induced, by some accounts of the efficacy of vapour bathing, to try it ; which he did for two days : but finding himself grow worse, he again had recourse to me. His pains were mitigated in twenty-four hours ; in ten days he walked as well as ever, and was restored to perfect health ; although the disorder, in this fit, seized on his right shoulder with no inconsiderable severity.

A Person, aged fifty three, had been subject to the Gout thirteen years. His grandfather had a fit of it; but neither of his own parents were ever troubled with the disorder.

For some years, the fits, although they were violent, were short, and happened seldom; and he recovered perfectly after them. But the five or six years preceding his application to me, the disorder increased, with great rapidity, both in frequency and violence. His feet, ancles, knees, hips, elbows, and hands, suffered greatly; and his back was once attacked with such severity, that, in the space of three days, he was blooded, by the advice of a Physician, six or seven times, with a view to alleviate his misery. His knees, ancles, and hips, were so greatly debilitated, that, for the last two or three years, he generally used a rolling chair, and was carried up and down stairs by his servants. The fit preceding the last, began in October; and, in the April following, he had hardly strength enough to stand on his feet with the help of crutches.

When I first saw him, he was but just out of a fit; which, like the last, began
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in October. His knees were swelled, and had a crackling noise in them when they were moved. His legs were greatly swelled. In some places they yielded to the pressure of the finger; in others, they were so extremely hard, as to resist all pressure whatever. The ancles were thick and gummy: the knees moved pretty freely; one of them only being a little contracted and stiff. The ancles were more confined in their motions. The feet were much swelled; generally cold and pale; the soles dry and hard. There were hard nodes on the elbows, and one on the fore finger of the right hand. One or two of the fingers were distorted. His urine was very pale; without sediment or cloud in it.

In the unhappy situation above mentioned, I found this person, the latter end of December 1766. A situation the more melancholy to him, because the most efficacious means of relief, generally known, had been tried, in vain, by some of the most eminent Physicians; and the more discouraging to me, in attempting his relief, because, from the regularity and temperance he had always observed, there was no room to expect that assistance, which the bare reformation from irregularity and excess, to a temperate regimen, often affords. By the advice

advice of two eminent Physicians, he had been at Bath a year or two before; where he was advised, by a gentleman of great reputation, to drink the waters moderately, to bathe every other day, and have the water pumped on his limbs. This course he pursued three months, but found no benefit from it.

Soon after he became my patient, an indigestion and flatulency at stomach, which he had, at times, been troubled with, were greatly relieved. It was several weeks after that, before any other considerable alteration happened. Then the swellings on the joints and limbs began to abate, the indurated parts gradually resolved, and the crackling in the knees diminished. Yet, notwithstanding these favourable alterations, the weakness in the joints and limbs still remained nearly the same. He came at length to stand on his feet with the assistance of crutches; but then, when he was ever so short a time on his feet, he felt a great distention or sensation of fulness in them, as if they were like to burst; and he found so great a weakness in the hips, that, even with crutches, he could not raise himself upright. These complaints proved more stubborn than any of the rest; insomuch, that after he was greatly recovered,

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vered, in all other respects, they alone prevented him from walking with tolerable ease. While these alterations were taking place, his urine grew deeper coloured; a cloud formed in it, small solid particles adhered to the sides of the glass, and, at last, it deposited much red sand.

After he had followed my prescriptions, with the utmost regularity, till July, and the effects of them had assured me he might bathe in the sea with the utmost safety, I advised him to it, in order to accelerate the recovery of his strength. He accordingly did so for two months, with little or no benefit, but without any detriment; gaining strength in his limbs no faster than he did by medicine alone.

Although, in comparison of his former fits, it may be said, that he had no fit after he became my patient; I think it necessary, for the sake of accuracy, to mention the very trivial appearances that occurred like a fit. When the annual period arrived (October 1767,) on which the disorder used to return, instead of a cruel and tedious fit, he had, for a few days, slight pains in some of the extremities; none bad enough to interrupt his sleep, or to prevent his going abroad for above a day or two

two. The winter following, cold as it was, he went out, as usual, without receiving any injury from it ; his limbs all the while gradually, although very slowly, growing stronger. In the spring, 1768, he got a very severe cold, but had not one gouty symptom, or sensation, with it. In the autumn, 1768, the time for the annual return of the disorder, the appearances of a fit were less than the preceding year ; for he only had a few slight pains in some of the fingers and toes, which occasioned no confinement, and disappeared in three or four days.

It may not be amiss to observe, that while he bathed in the sea, nay, that ever after he came under my care, not the least circumstance happened which gave suspicion, or which could countenance a suspicion, of the Gout's leaving, or being repelled from the extremities, and falling on the more noble parts. On the contrary, his head, nerves, and other vital parts, were never in a better state, than they were while he was my patient.

He persevered, with little or no intermission, in the use of medicines, about fourteen months. After that, he had recourse to them only now and then ; excepting a common vomit, the only one he was ordered all

the while; they never fatigued, weakened, or disagreed with him; and very seldom required confinement. His diet, from the beginning, was without any other restraint, than that he was debarred high seasoned food, and limited to two or three glasses of wine a day.

In regard to the morbid appearances mentioned in the account of his indisposition; his knees were restored to their natural size, the contraction that was in one of them, diminished very much, but did not go off intirely: his legs lost all their swelling and hardness, and recovered their natural shape. The hard swelling about the ancles was reduced; and both they, and the knees, became freer in their motions. The feet were brought to a more natural state; there remained, however, some of the fulness in them. The nodes on the elbows and finger were diminished considerably. Those on the elbows decreased imperceptibly: the one on the finger inflamed; the inflammation continued, with little shooting pains, now and then, for five or six days; and as it declined, the node, from being pointed and hard, grew flatter and softer, and, from that time, it gradually wasted. Upon the whole, excepting some remaining weakness in the

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extremities, he recovered perfect health; being free from pain, and every uneasy sensation. All the joints and limbs, which were diseased and debilitated, were restored to that freedom of motion, and degree of strength, that after having lost, as it were, their use for some years, he again walked tolerably well. In short, he found himself so well recovered, that he undertook a voyage to the West-Indies, which his infirmities had obliged him to drop all thoughts of attempting. He continued in good health above eight months after his arrival there; and then had a fit of the Gout, of about a fortnight's continuance. He, afterwards, performed a journey of above an hundred miles on horseback, and returned in good health. He then fell ill, and died: but how long that was, after the fit of the Gout, and what the disorder was, of which he died, I have no authentic information.

A Person, forty-five years of age, had been afflicted with the Gout twenty years. The last twelve, he had a fit every year, which usually continued two or three months, but, latterly, a longer time. The pain he suffered in the fit, was not so violent as in many other people, but rather dull and lingering; frequently shifting place, and often returning upon the part
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it had quitted. The disorder had attacked his head, hands, elbows, shoulders, loins, hips, knees, ancles and feet. Sometimes, during the fit, he had a pain in the breast, with difficulty of breathing. Every fit left so great a weakness in the joints, that it was very long before he could walk with tolerable ease and strength.

The joints of several of his fingers were enlarged, and had lost much of their motion. There was some stiffness in the right wrist. The left knee was very stiff and contracted; so that he could not extend it, in the least degree, without pain. The right knee was also stiff; but not so bad as the other. The ancles were stiff and weak; and he had a tenderness and heat in the right foot. His extremities remained in this crippled state after a fit of the Gout, which did not go off kindly; and they had continued in that condition ten weeks. He could only hobble about in a stooping, uneasy attitude, and that not without difficulty and pain. His stomach was tolerably well: his complexion fallow: his head, though free from pain, was in general, heavy and dull; his spirits, which formerly were lively and chearful, languid and oppressed.

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In this condition, he applied to me, in September 1767. In eight days, his pains were intirely removed: his joints, in general, were much more supple, and much stronger: his knees, in particular, were perfectly easy, and free from the stiffness and contraction in them; so that he could extend his legs quite strait with ease and firmness. He walked erect: his head was perfectly relieved: his spirits were much better: his complexion clearer, and his health, in that short time, became better, in all respects, than it had been for six months.

He persisted, about six weeks, in the use of medicines, which neither confined him, nor subjected him to any other restraint. In the mean while, he regained health and strength: and tho' he lived, afterwards, as he had done before, he continued hearty and well: he had only two slight fits, of a few days duration, from which he perfectly recovered, till February 1770; when a severe attack ensued in both feet; in the course of which, his hands and knees were affected in a small degree. He happened to be in town at that time, and applied to me directly. In a few days, the violence of the disease was abated; and, in three weeks, he
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was so well recovered, that he returned into the country. At the time, however, that he set out on his journey, there remained a great tenderness in the soles of the feet, which, both he, and I, imputed to the severity of the preceding pain, and, therefore, paid no attention to it. But, on his arrival in the country, he perceived a swelling under the heels; which, on being opened, discharged a fluid like chalk and water. This account was given me, six months afterwards, by the patient himself, and the surgeon who had attended him. The patient enjoyed good health after that little operation: he was well and hearty when he gave me this relation; and I have not heard of him since.

A Person, aged forty-six, had the first fit of the Gout, when he was twenty years old. For many years, he generally had slight pains in the feet once a year; but as soon as he perceived them coming on, he exercised himself till he sweated freely, and thereby carried them off. Every three or four years, however, he had a smart fit of the Gout in both feet; which, in the earlier part of life, continued a fortnight, latterly, much longer. The fit, in which I saw him, had lingered on a month; and the Gout, instead of confining itself to the feet,

as it had hitherto done, attacked almost every part of the body, but was particularly severe in the head, both feet, left knee, hand and elbow. His stomach was disordered with wind, and he had no appetite; both which complaints he had been more or less subject to, upwards of ten years.

I attended him eight days, in which time he was freed from pain: the flatulence at the stomach ceased, and he recovered his appetite. Nor was it long afterwards before he regained his strength. This was about a twelvemonth ago, and he has since continued in good health.

A Person, aged fifty-four, for seven years had a fit of the Gout every year, which, in the earlier part of that time were mild, and of short duration; but afterwards became severe and tedious. For many years before he had the Gout, he was afflicted with the Gravel to a great degree: and since the accession of the Gout, he has had many severe fits of it. The last fit of the Gout continued four months; and left so great a weakness in the feet, that it was five or six more before he could walk tolerably well. His ancles, hands, knees, shoulders, and hips, had

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suffered considerably in the progress of the disease. In one of the fits, he felt a sensation, like something running up the back of his neck into his head, and was immediately seized with a violent pain in it, which continued a fortnight.

The four last years, though he regularly had his annual fit of the Gout, he was almost constantly troubled with pain, wind, and swelling, at the stomach, sometimes to a great degree. Whenever the Gout attacked the feet, his stomach was easier; and when the feet grew better, the complaints in his stomach returned. During those four years, he was also frequently afflicted with a difficulty of breathing, and oppression on the breast, which gradually increased, and, at length, became almost continual; so that, for six months before I saw him, he was unable to walk above one hundred yards without stopping to fetch breath. In these circumstances he applied to a Physician of eminence; but meeting with no relief, he afterwards sent for me: this was in February 1769. I found him sitting upright in a chair, unable to move without pain and trouble, and breathing with great difficulty and labour: his stomach
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was greatly swelled, and so extremely painful to the touch, that he could bear no other covering than a night-gown hanging loosely over it. The preceding nights, he had been frequently seized with a fit of suffocation and faintness, that he thought he was just expiring. With these complaints, he had an attack of the Gout in the left hand, which had continued eight days.

The relief he received was no less sudden than great: he was much easier the first day, and had a better night after it, than he had known for many months. In the course of his recovery, the hand became more painful as the other complaints abated. But, notwithstanding his stomach and respiration grew better on the whole; yet it sometimes happened, that the pain in the hand ceased, and an attack on the stomach and breast ensued, though in a slighter degree than before. In somewhat more than three months, the hand was quite well, and his stomach perfectly easy: the great weight and oppression on the breast was removed, and his respiration became infinitely more free and easy, than it had been for a long while before he applied to me: but he nevertheless con-

tinued subject to some difficulty of breathing on walking fast, or ascending many steps : he recovered his strength ; and, excepting what has been just said of his respiration, enjoyed good health. The following winter, he escaped his annual fit : the Winter after that, having remained till then hearty and well, he had a fit at the usual time ; which, instead of being severe, irregular, and tedious, as the former was, proved very slight. It affected only the feet, lasted not above a fortnight, and in six weeks, from its beginning, he recovered the full use of his feet. Nor was it attended with the least disorder at the stomach, or any other complaint. After this fit, he again enjoyed good health till this Winter, when he fell into a tedious and irregular one, much like the one he had when I first saw him, except that the disorder lay more in the feet and hand, and that the stomach and respiration, were affected but seldom, and in a much less degree. Nor was it attended with any of those fits of suffocation and fainting, which were so distressing and alarming at that time.

In respect to the Gravel, he passed much sand and many small stones, while he was under my care : and, from that time, has
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been much less afflicted with it than for many years before.

That there is a relation, in *some* cases, between the gouty matter, and that which forms calculous concretions in the urinary passages, has been thought probable, from both diseases often happening in the same person, and the one growing better as the other grew worse. But however reasonably an affinity between them may be inferred from thence, it is more happily illustrated by the relief which some gouty persons have obtained in nephritic complaints, while they were treated for the Gout, as happened in the last case; and, also, by the benefit which some people, who never had the Gout, but were severely afflicted from calculous concretions, have derived from a method of treatment, similar to that which had proved successful in some species of the Gout. Of this kind, is the following case.

A Person, between forty and fifty, whose father was subject to the Gravel, had been afflicted with that disorder seven years. He commonly had two or three violent fits of it, and sometimes, more, every year. The last twelve months, he constantly made
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bloody urine; had a continual pain in the loins, and could not bend his body forwards without pain. The least motion increased that pain, and made his urine more bloody. Though accustomed to hard exercise, he had, a long while, been obliged to desist from it, as even gentle walking, or riding in a chaise, aggravated his complaints. He had passed great quantities of small Stones and Gravel. In other respects, he was hearty and well: he had tried soap, lime-water, and other things, without success. The soap disordered his stomach so much, that he was obliged to decline the use of it.

It is three years since he applied to me. In a few weeks afterwards, his urine became less bloody. It was three or four months more, before he was sensible of any other *considerable* amendment; for with respect to the pain in the loins, if it abated for two or three days, it returned again with equal violence; so that if he had not been a man of perseverance and resolution, he would have given up all expectations of relief from the method he was pursuing. In the mean while, he frequently passed small stones, and, almost daily, much fine sand. After that time, however, his complaints decreased

creased, and, at length, intirely left him. He took medicines, with little interruption, about ten months, without confinement or restraint, or other regimen in diet than general temperance.

From the conclusion of the course above-mentioned, the pain in the back returned two or three times, previous to his voiding stones and gravel; but then it was in a much less degree than formerly, and lasted only a few hours. At the first of these little returns of the disorder, his urine was tinged with blood, but never afterwards: nor did they leave any weakness or other complaint behind them; for except the short time they continued, he has enjoyed perfect ease and health to the present time, although, for many days together, he has taken as hard exercise as ever in his life.

What I observed before of the disposition in the constitution, to reproduce the arthritic matter, and thus occasion subsequent fits, appears also to be true in respect to these calculous concretions, although it may not be so manifest, nor so regular and certain in the latter as in the former, on account of the difference in the seats of the two diseases, and the greater facility with which nature frees herself from the morbid matter
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in the one case than in the other. Thus this patient, as well as some gouty ones, seem to have had a return of their complaints, or a reproduction of the morbid matter, sooner or later, in proportion, *cæteris paribus*, to the frequency and duration of the subsequent attempts to prevent it. Be the reasoning on this point true or not, the fact is, that this patient has taken medicines, for a few weeks, once a year; which were so adapted as to require no deviation from his usual course of life, although he has lived without rule, and taken much exercise.

These reflections on the affinity between the Gout and Stone, suggest a suspicion, whether it be not probable that some of the ossifications, as they are called, which have been observed by Anatomists in the interior parts of the body, are not mere depositions of this calculous or arthritic matter. May not some of them have been critical discharges of arthritic matter, like chalk-stones, on the extremities? It is certain, that this calculous matter, in some gouty habits, like the offending matter in other diseases, is sometimes expelled, the circulation, and even the body, in a very unusual manner.

A Person,

A Person, whose ancestors, from as far back as an account of their health can be traced, were afflicted with the Gout; whose grandfather he remembers an arthritic; whose Father has been long and severely afflicted with the Gout; who has three brothers labouring under the disorder, has been troubled with it thirteen years. In a younger brother, it made its appearance ten years sooner. For the last five or six years, this Person, who is about forty, had a fit every year in the hands, elbows, ancles and knees, which generally began in June or July, and lasted from six to eight weeks. In August 1770, when he had been a month in a fit, I was called to him. He then had the disorder in all the before-mentioned parts. His pains had indeed abated, but the joints were swelled and stiff. The right knee was much worse than the other. Within eight days, they were all, except that knee, restored to their former pliancy, and the swellings were removed. In regard to that knee, it is to be observed, that, for a year and a half, before the last fit, he had a discoloration in the leg, attended, at times, with considerable swelling of the limb, which induced him to apply to a Physician; who, besides internal medicines, ordered a

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vapour bath for it, on using of which three or four times, the patient was seized with a violent pain, and great swelling in the knee; and the fit of the Gout soon succeeded. The knee, when I first saw him, was prodigiously swelled, very stiff, had little pain in it, no inflammation; but, in short, resembled a very large white swelling, as it is called. It was several months, after he recovered the full use of his other joints and limbs, before that knee was restored to a tolerable state; and even now, he cannot extend it quite strait, although the joint is reduced to its former size. In a few days, as was observed, after I saw him, he was freed from all his pains; nor has he had the least gouty symptom or sensation from that time to this, having escaped his annual fit in June last. But the chief reason why I introduce this case, is on account of a singular evacuation of calculi by stool. In October last, on observing a roughness in the passing of the feces, he had his stools examined; and on washing them, there was found a great quantity of hard, light-coloured calculi, mostly round, and of the size of a middling pin's head; some larger and irregular.

A Person,

A Person, about forty years of age, had been subject to vague gnawing pains in the limbs, and, particularly, in the shoulders, arms, and elbows, many years. He was frequently sensible of a great weakness in the right thumb for a few days, but without pain. About four years ago, after taking cold, he was seized with the Gout in the ancles, feet, and knees. The pain was very severe for about eight days, but as the parts swelled it abated. The lower extremities, from above the knees to the ends of the toes, swelled to a prodigious bulk, after which, the pain not only ceased, but the opposite extreme, a decay of feeling, ensued in both legs, but, in one of them, to a considerable degree. In this condition, he applied to me. In ten days afterwards, the time I attended him, the swellings were greatly reduced, and the limbs restored to their natural feeling. Nothing remaining but a weakness in the extremities, from which he recovered without further assistance from medicine.

This patient had been troubled with the Piles several years. Within three months after the fit of the Gout just mentioned, he underwent an operation that put an entire

stop to them: yet, notwithstanding the suppression of this evacuation, and that he made no alteration in his manner of living, he has had no return, either of his vague, gnawing pains, or of the Gout, but continued in perfect health.

A Person, whose father had several severe fits of the Gout, was, for some years, often troubled with vague pains in the joints and limbs, which were imputed to taking cold. In the year 1766, being then about twenty-eight years of age, he had a fit of the Gout. The three following years he had no return of the disorder, but was afflicted, as formerly, with vague pains. In July 1769, he was attacked with a severe fit of the Gout, in both feet, which continued with great violence about a month. He had several slight relapses immediately after it; nor was he able to walk with his usual strength and ease for many weeks after the last of them. From this time to the next fit, there were but few days that he had not pains in the legs, feet, or some other part: the least exercise, the least intemperance, or the least exposure to cold, walking in wet or damp grounds, seldom failed to bring on pains and stiffness in the joints or limbs. And so rapidly did the disorder increase, that, in

January following (1770) he fell into another fit, which came on, without any obvious cause, so suddenly and violently in the evening, while he was on a visit, that he could not bear to be carried to his own house in a neighbouring street. The pain was in both ancles and feet. It continued two days with great violence; and became so excruciating the third night, that his senses were affected, at times, and his life thought to be in danger, which occasioned my being called up to him. In twenty-four hours, the pain was greatly mitigated. Every day afterwards, it grew less and less, and, in ten days, he was entirely free from it. No new attack, or sensation of pain in any other part, happened in the fit, or succeeded it. He recovered strength in his feet very fast, so that he walked abroad in less than a month, with tolerable ease and strength, and, in a week more, was as strong on his feet as before the attack.

I attended this patient six weeks. Besides the relief he received in the fit, he likewise got rid of the vague pains which had been so many years troublesome to him, and were wont to happen on the slightest occasions. For, after the fit, he indulged a social glass; he was frequently

quently out on foot in all weathers; had wet feet for hours; commonly wore silk stockings, and thin shoes; without bringing on either pain or stiffness in the joints or limbs. I must not omit to mention that five months after the fit, when he had recovered from all complaints; he was suddenly seized with a pain in the instep, which held two days, and left some weakness in the joint, four or five more; but whether it was of the gouty kind, or owing to his springing hastily out of a coach, (which it immediately followed) is uncertain. Be that as it may, he had no other complaint with it, nor after it. If then we except this circumstance, he continued in perfect health, while he remained in England, which was ten months after the fit; and although he has since been exposed to the extremes of heat in the West-Indies, and of cold in the Northern part of America, it appears, from the latest accounts of him, that he has had no return of the disorder.

